



2016 OCTOBER CALENDAR

Mount Tom State Reservation

125 Reservation Road; Holyoke, MA 01040

Park Interpreter: Jim. Park Phone Number: (413) 527-4805

All programs are free and open to the public.

The parking fee is \$5.00 per vehicle for MA vehicles, \$6.00 for out of state vehicles.

Reasonable accommodations are available upon request, for more information please call the park.

Sunday	Monday	Tuesday	Wed.	Thurs.	Fri.	Saturday
						1 Life Around the Lake. 10:30 am SNAKES Hiking the Range. 1:00 pm MT. NONOTUCK
2 Birding for Beginners. 10:30 am Sunday Afternoon Family Program. 1:00 pm MAKE A BIRD FEEDER	3 Nature Story Time. 10:30 am Senior Hike. 1:00 pm	4 Moms Fitness Hike. 10:00 am Advanced Hike for Seniors. 1:00 pm Explorers Club 2:30 pm	5	6	7	8 Hiking the Range. 11:00 am MT. TOM HIKE
9 Birding for Beginners. 10:30 am Sunday Afternoon Family Program. 1:00 pm. HAWK WATCH III.	10 Nature Story Time. 10:30 am Senior Hike. 1:00 pm	11 Moms Fitness Hike. 10:00 am Advanced Hike for Seniors. 1:00 pm Explorers Club. 2:30 pm	12	13	14	15 Hiking the Range. 1:00 pm BEAU BRIDGE HIKE

PROGRAM DESCRIPTIONS

Mount Tom State Reservation is accessed from entrances on Routes 5 in Holyoke, and Route 141 on the Easthampton/Holyoke line. Unless noted otherwise **ALL PROGRAMS START AT THE STONEHOUSE VISITOR CENTER**, about 1.5 miles from either entrance. Children must be accompanied by an adult. For more information please call 413-527-4805.

LIFE AROUND THE LAKE. *Saturdays, 10:30 am.* Every week we explore a different aspect of the flora and fauna that lives in and around Bray Lake habitat. One-hour long. **MEET AT BRAY LAKE**

HIKING THE RANGE. *Saturdays, 1:00 pm.* The Mt. Tom Range has over 22 miles of hiking trails and each week we hike a different trail. The trails range from easy terrain to moderately strenuous. The pace will always be slow to moderate. Bring water and bug spray on this 1-2 hour hike.

BIRDING FOR BEGINNERS. *Sundays, 10:30 am.* Learn the basics of birding in this one-hour program. Bird guides, sighting lists and binoculars are provided for use to discover the many feathered inhabitants of Mount Tom.

SUNDAY AFTERNOON FAMILY PROGRAM. *Sundays, 1:00 pm.* Hands-on exploration and a craft relating to the natural world at Mt. Tom. A different topic each week. One hour duration.

MOMS FITNESS HIKE. *Mondays, 10:00 am.* Moms are welcome to bring the kids in strollers as we walk up the paved road in order to get a good aerobic workout. Program lasts 30-45 minutes. **MEET AT LAKE BRAY.**

SENIOR HIKE. *Mondays, 1:00 pm.* Seniors age 55 and up are welcome to join this easy paced one-hour hike. The terrain is mostly easy and the nature discoveries along the trail are abundant. Bring water, snack and bug spray.

NATURE STORY TIME. *Mondays, 10:30 am.* Children and parents are invited to join in this 60-minute program to listen to the favorite nature storybook. Everyone is also welcome to bring their own nature storybooks to read out loud. Afterwards the adjacent playground and picnic tables are a good spot to enjoy a picnic lunch.

ADVANCED HIKE FOR SENIORS. *Tuesdays, 1:00 pm.* This one-hour hike allows seniors the opportunity to hike on more challenging trails, but at a slow pace. Bring water and bug spray.

EXPLORERS CLUB. *Tuesdays, 2:30 pm.* Children ages 10-14 can learn about the basics of map reading, different terrains, and habitats through this 1-2 hour hiking program. Bring water and bug spray.